

ABSTRACT OF THE DISCLOSURE

A method for the transmission of data flows; data flows, server, terminal, method for reception and use corresponding thereto. The invention relates to a method for the transmission of at least one flow of data towards at least one terminal, said flow or flows being organized in the form of flow units, characterised in that at least some of said flow units comprise at least one pointer pointing towards at least one flow unit of said flow or another flow in order to optimize processing in the terminal and/or the useful flow rate of said flow(s).